



7 September 2015

# Labor Day Safety Message

1. On September 7<sup>th</sup>, our Nation celebrates Labor Day, honoring America's work force and their contributions to building our country. Labor Day is traditionally associated with the end of summer and many of our Soldiers, Civilians, and their Families will get together for one last weekend of exciting fun. As we close out a great summer and enjoy recreational activities, let's remain vigilant about safety.
2. Team19, before we head out, I would like commanders and supervisors to talk with their Soldiers and Civilians about their plans; conduct "Face-to-Face Communication" in an atmosphere that facilitates safety awareness. Identify plans that put our personnel at risk and put measures in place to mitigate those risks. CSM Castillo and I are proud to be a part of this great Team! Enjoy this well-deserved holiday; be safe, and return to work ready for the next mission.
3. To reduce accidents and incidents this weekend, focus on these countermeasures:
  - a. Alcohol Consumption: Responsible consumption of alcohol is important during the holiday weekend. Drinking and driving don't mix, and the same goes for drinking and other activities like swimming and boating. While these activities are great fun, alcohol can impair your judgment and lead to injury. You are liable for your actions. Self-restraint, plus accountable buddies who don't leave their buddies ensure we are responsible ambassadors of the US Army. Remind young Soldiers and inform new arrivals, that the drinking age on and off-post in Korea is 21-years old.
  - b. Buddy System: Use the Buddy System and look after each other. All of us should reach out to our friends and co-workers regarding their weekend plans and safety measures. Leaders need to know who their Soldier's battle-buddies are. Incidents of indiscipline often occur when the original buddy departs, and then an unknown and or untrustworthy buddy fills in. Know your buddy!
  - c. POV Safety: Most accidental deaths and injuries involve privately owned motor vehicles. If you plan to travel this weekend, ensure that you get enough rest and that your vehicle has been properly inspected. Avoid anything that impairs your ability to drive safely--texting, drinking, eating, and/or the lack of sleep. Do what's right, always!
  - d. Outdoor Recreation: Continued warm weather will encourage many to participate in popular outdoor activities such as hiking, playing softball, or bicycling. Practicing good risk management techniques is a sure way to have a safe and enjoyable weekend.

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